



Getting started

Being more active has a huge positive impact on our physical health as well as on how we feel and how we manage the daily pressures and stresses in our lives. Modern living has reduced the need for our daily routines to involve physically active tasks, that's why most of us need an exercise programme - it acts as a supplement to make up for the fact that our lives are now more sedentary.

An exercise programme doesn't have to be strenuous, in fact moderate intensity exercise, like brisk walking, is best.

- Follow one of the exercise plans in the fact sheet "Exercise Plans" - each one caters for different ages and fitness levels, so there's something for everyone
 - Try to achieve the recommendations for a healthy lifestyle
 - 30 minutes of moderate activity per day or 3.5 hours per week, but start slowly and build up the length of your exercise sessions and the number of sessions each week gradually - a little bit is better than none
 - The "Walking" fact sheet provides all the information you need to get started on a simple walking programme
 - Before starting an exercise programme ALWAYS complete your physical activity readiness check first - see the fact sheet "Is it safe for me to exercise?" - and if you are in any doubt, talk to your GP first
- Try to build activity into your day - take brief walks during the day, cycle to the shops, use the stairs rather than the lift, park your car further away in the car park or get off the bus a stop earlier.
 - Try to achieve the recommendations for a healthy lifestyle
 - 10,000 steps per day (you will need a pedometer to do this) - see the fact sheet "Pedometers"
 - If you have a dog, then schedule a walk each day - it will do you both good
 - At work, move your body position every 60 minutes if you're normally sitting down all day
 - Try to move more and sit less each day and get more involved in active family activities

Follow this plan and not only will you look better, you will also feel more alert and focused. You will have improved concentration levels, feel more energised and have a renewed zest for life.



Personal training plan

Place this in a visible place and tick each box daily if you have been successful for each of the statements.:

Week 1	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Build more activity into my daily routine today							
Complete an exercise session today							
I kept to my plan today (tick if yes; cross if no)							

Week 2	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Build more activity into my daily routine today							
Complete an exercise session today							
I kept to my plan today (tick if yes; cross if no)							

Week 3	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Build more activity into my daily routine today							
Complete an exercise session today							
I kept to my plan today (tick if yes; cross if no)							

Week 4	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Build more activity into my daily routine today							
Complete an exercise session today							
I kept to my plan today (tick if yes; cross if no)							

REVIEW	End Week 1	End Week 2	End Week 3	End Week 4
I feel better for exercising this week Enter 'Yes' or 'No'				

After 4 weeks complete this review

The habits that I find easy to maintain are:	The habits that I find hard to maintain are:

After 4 weeks complete this review

Continue to: (These are the habits you found easy and that you no longer need to monitor as you now don't think about doing them you just do them.)	Specifically plan to: (These are the habits you need to plan to do and monitor on a daily basis. Print off your 4-week plan again but only include these items now.)

Always follow the 80 / 20 rule. For each of the statements you choose to follow each week, aim to complete them at least 80% of the time - in other words 5 days out of 7.